

WHAT IS CLAIMED IS:

1. A flexible coupling mechanism comprising a flat, elongate member having a first side and a second side and formed into a C-shaped spring, said elongate member including a channel extending longitudinally along said first side between a first end and a second end.

2. The flexible coupling mechanism of Claim 1, wherein said elongate member is adapted for use between a base portion and a seat portion of a chair for providing a rocking motion.

3. The flexible coupling mechanism of Claim 1, wherein the elongate member is made of an aluminum alloy.

4. A flexible coupling mechanism comprising an elongate member having first and second ends, said elongate member being formed into a C-shaped member to provide an inner surface and an outer surface, wherein a channel extends longitudinally along said outer surface to provide a contoured cross-sectional profile.

5. The flexible coupling mechanism of Claim 4, wherein said first and second ends of said elongate member are substantially adjacent each other in a spaced-apart relationship.

6. The flexible coupling mechanism of Claim 4, wherein said channel extends along the entire length of said elongate member from said first end to said second end.

7. The flexible coupling mechanism of Claim 4, wherein said elongate member is made of a non-ferrous material.

8. The flexible coupling mechanism of Claim 4, wherein said inner surface is substantially flat.

9. The flexible coupling mechanism of Claim 4, wherein said contoured cross-sectional profile has a relatively thin center portion and thicker side portions.

10. The flexible coupling mechanism of Claim 4, wherein said outer surface is formed for mating with another component for resisting rotational movement between said coupling mechanism and said component.

11. The flexible coupling mechanism of Claim 10, further comprising at least one hole extending through a first end of said elongate member, said hole adapted to receive a fastener for attachment with said component.

12. The flexible coupling mechanism of Claim 9, wherein said side portions are at least 30% thicker than said center portion.

13. A coupling mechanism adapted for providing a smooth deflection when subjected to a load comprising an elongate member having a substantially rectangular cross-section and first and second ends, said elongate member having an inner surface and an outer surface, wherein at least two parallel, spaced-apart channels extend longitudinally along said outer surface for providing a contoured cross-sectional profile.

14. The coupling mechanism of Claim 13, wherein said elongate member is made of a non-ferrous material.

15. The coupling mechanism of Claim 14, wherein said elongate member is made of aluminum.

16. A coupling mechanism adapted for providing a smooth deflection when subjected to a load, comprising:

at least two elongate members each having a substantially rectangular cross-section and first and second ends, each of said elongate members having an inner surface and an outer surface and each being formed with a channel extending longitudinally along said outer surface; and

a horizontal support coupled to said first ends of each of said elongate members.

17. The coupling mechanism of Claim 16, wherein said horizontal support has a contoured surface adapted for mating with said outer surfaces of said elongate members.

18. The coupling mechanism of Claim 16, further comprising a post extending downward from said horizontal support, said post adapted to be received by a cylindrical cavity for providing a swivel motion therebetween.

19. A method of manufacturing a flexible coupling mechanism, comprising:

providing an elongate member having a substantially rectangular cross-section and formed with a channel extending longitudinally along a top surface;

bending said elongate member such that said channel is provided along an outer surface; and

forming at least one hole through said elongate member for facilitating attachment of said elongate member to another component.